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Monday, November 16, 2015 metro.us | t: MetroNewYork | f: MetroNewYork

GIANTS NEARLY PULL IT OFF

The G-Men came oh-so-close to ending Pats' perfect season. 28

A look inside 'The Latin Explosion.' 21

New puzzles every day on games page. 34-35

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PRAYERS FOR PARIS

Parisians gathered at the Cathedral of Notre Dame on Sunday to pray for the victims of Friday's terror attacks. Hours later, France launched airstrikes in Syria against ISIS, which claimed credit for the deaths of at least 132 people. 4-14

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CLINTON PLAYS DEFENSE

1 Hillary Clinton played defense over her 2003 vote backing the U.S. invasion of Iraq and inched away from President Barack Obama on Syria and the rise of Islamic State militants during the debate. Bernie Sanders and Martin O'Malley took a more aggressive tone than in their first debate last month. REUTERS

GLOBAL MARKETS

2 Global stocks are set for a short-term sell-off after Islamist militants launched coordinated attacks across Paris that killed 129 people, but few strategists expect a prolonged economic impact or change in prevailing market directions. If anything, any initial damage to economic confidence, tourism and trade within Europe will likely reinforce the European Central Bank's resolve to easing monetary policy further next month, they reckon. That will keep pressure on the euro exchange rate and support other European asset markets. REUTERS

US DEATH PENALTIES

3 Capital punishment in the U.S. has moved into the slow lane, with the number of executions and new death sentences likely to hit lows not seen for more than 20 years. Last year, there were 73 new death sentences, and that number is set to drop by at least a third this year, according to the Death Penalty Information Center. REUTERS

MSG PARIS TRIBUTES

7 The New York Knicks take a moment of silence for Paris, France, before facing the New Orleans Pelicans, and the Rangers display the colors of the French flag before their game against the Toronto Maple Leafs at Madison Square Garden on Sunday in New York City.

MAIN PHOTO BY NICOLAUS CZARNECKI, ALL OTHER PHOTOS BY GETTY IMAGES

HELPFUL CAR FEATURES

4 At the Frankfurt Auto Show, Ford Motor Co. unveiled a new feature that lets drivers preset their car to go at or just above the speed limit. In-car cameras and software read and react to road signs, speeding the car up or slowing it down. Active Speed Limiter is available on select models in Europe. REUTERS

GOP HIT REFUGEE PLAN

5 The deadly attacks in Paris pushed terrorism and the Syrian refugee crisis to the center of the U.S presidential campaign on Sunday, as Republicans hammered Obama administration plans to take in more refugees as well as Democratic front-runner Hillary Clinton's stance on Middle East policy. After officials said one of the Paris gunmen might have slipped into Europe among refugees fleeing Syria's war, more Republicans voiced their opposition to the 10,000 Syrian refugees the White House wants to admit in the coming year. REUTERS

MANY MORMONS RESIGN

6 About 1,500 Latter-day Saints have submitted letters of resignation from the Mormon Church to protest a new policy barring children of married same-sex couples from being baptized until they are adults, movement organizers said on Sunday. REUTERS

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- Transfer between A and 1 trains or **M4** buses at **168 St** station.
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FASTRACK

3 New York Monday, November 16, 2015

BRIEFS

New York leaders resolute in support of France

Mayor Bill de Blasio told the hundreds gathered at Washington Square Park on Saturday that the city stood alongside Paris after the orchestrated attacks by Islamist extremists hours earlier.

"Viva la France!" the mayor said before he said survivors of terrorist attacks must stand strong in the face of adversity.

He was joined by the United Nations Francois Delattre and consul general of France in New York Bertrand Lortholary, as well as City Council Speaker Melissa Mark-Viverito.

Overnight, the arch was lit in blue, white and red in honor of the 132 killed and hundreds of survivors.

"We have to be resolute in a moment like this," de Blasio said in front of the arch at the Manhattan park. "We must refuse to be terrorized. We won't change our democracy. We won't change our values. We won't change our culture."

Despite no intelligence that the attacks were connected to New York City, NYPD deployed counterterroism efforts and increased police presence at various French government locations and majorly trafficked areas including Times Square.

Statewide, Gov. Andrew Cuomo said via his Twitter account that New Yorkers grieved deeply for Paris as he stepped up state agencies' security measures.

"We stand shoulder to shoulder in rejecting extremism, condemning violence and working to achieve a better and brighter future for all," the governor said, adding that the State University of New York's building in Albany was also lit in French flag colors.

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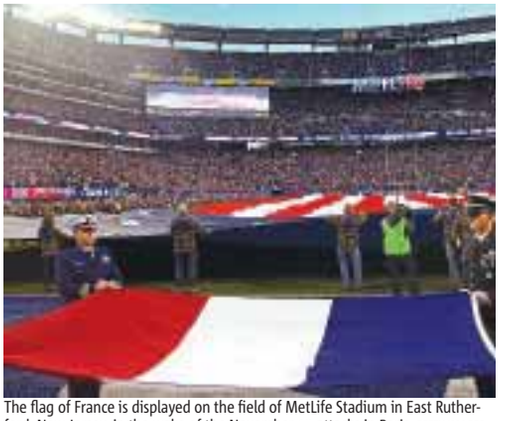

The flag of France is displayed on the field of MetLife Stadium in East Rutherford, New Jersey, in the wake of the November 13 attacks in Paris. GETTY IMAGES

Bratton: Paris attacks as 'game-changing' as Sept. 11

The NYPD commissioner bemoaned the Islamic State's adeptness with identity-concealing technology.

CHESTER SORIA
@chestersoria
chester.soria@metro.us

New York City's top cop said certain things about the series of terrorist attacks in Paris on Nov. 13 rival Sept. 11, 2001, as far as police and intelligence efforts go.

"This event is in many respects similar to the events of 9/11 in terms of the game-changing aspects of it," said NYPD Commissioner Bill Bratton on Sunday.

Appearing on two Sunday morning shows, Bratton indicated that no other city is as prepared to deal with a terrorist plot as New York City is, given its experience with the World Trade Center attack 14 years ago.

"We now have a 500-person unit in our counterterrorism bureau that is specially equipped with long guns, heavy vests, vehicles that are prepared to on go and protect locations with the ability to go into locations that are under attack," Bratton said said on ABC's "This Week."

The problem, Bratton indicated, is the NYPD's ability to track down attacks on soft targets not unlike the restaurant or concert venue in Paris where civilians congregate without on-site security.

In Paris, officials said security checkpoints at the Stade de France helped prevent at least one suicide bomber from entering the the 80,000-person venue during a soccer match.

The commissioner said efforts by the police to gather intelligence on such attacks is hampered by the Islamic State's adeptness with technology to mask their movements. Bratton conceded it was too early to say whether the attack in Paris was aided by such technology.

"I've been complaining about … the ability to go dark. I think you're going to see that's going to play a significant factor in this event," Bratton said. "I'm very interested to see what type of phones they were equipped with, what type of apps they had on those phones, were they in fact in communication with each other at all."

On CBS's "Face the Nation," Bratton repeated concerns about privacy technology outpacing counterterrorism and intelligence.

"We've, in many respects, gone blind as a result of the commercialization and the selling of the devices that cannot be accessed either by the manufacturer or — more importantly — by us in law enforcement," he said.

"This is the new paradigm we're now going to have to deal with."

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Advocates press for Syrian refugees

Mayor Bill de Blasio doubled down on his support for bringing in Syrian refugees days before Friday's coordinated attacks.

CHESTER SORIA
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New York City Mayor Bill de Blasio GETTY IMAGES

Immigration advocates called on the de Blasio administration to remain steadfast in its commitment to bring refugees from Syria as investigators abroad link the war-torn country to Friday's terrorist attacks in Paris.

Early reports of a Syrian passport found near the site of one of the attacks coordinated by followers of the Islamic State in Paris led to Poland refusing to accept refugees, although it was unclear whether the passport was authentic.

"Now is the time for diverse communities to come together in a demonstration of resilience and strength against these attacks," said Steven Choi, executive director of the New York Immigration Coalition. "Governments can best do this by maintaining a compassionate and welcoming approach to innocent people fleeing difficult and complicated conflicts.

"We must not conflate the ISIS with refugees fleeing violence."

In September, Mayor Bill de Blasio joined 18 mayors in a letter to the White House asking for the U.S. to open its doors to at least 10,000 Syrian refugees, and which President Barack Obama agreed to do.

A spokeswoman for de Blasio refused to comment on the mayor's position on accepting more refugees after Friday's attacks, and said the mayor would instead address the issue on Monday.

Last week, however, de Blasio doubled down on his support for hosting Syrian refugees.

"It is something that has generated tremendous feeling across a lot of different communities of this city because this is one of the worst humanitarian crisis we've seen in quite a while," de Blasio said.

Meanwhile, the Obama administration affirmed on Sunday it would still accept Syrian refugees despite increasing pressure from Congressional Republicans to close the borders.

"[Obama] should absolutely suspend it unless they can show 100 percent that a person is not involved with ISIS, because right now there's no responsible way to do the vetting," U.S. Rep. Peter King (R-NY) said on "Fox News Sunday." "There are no databases in Syria. There are no government records."

New Yorkers gather for Sunday vigil

New Yorkers stood shoulder to shoulder inside Vin Sur Vingt, a French wine store at Broadway and West 26th Street on Sunday afternoon. Local philanthropist Jean Shafiroff and Congresswoman Carolyn Maloney led the vigil and ceremony, one of many across the city two days after the attacks in Paris.

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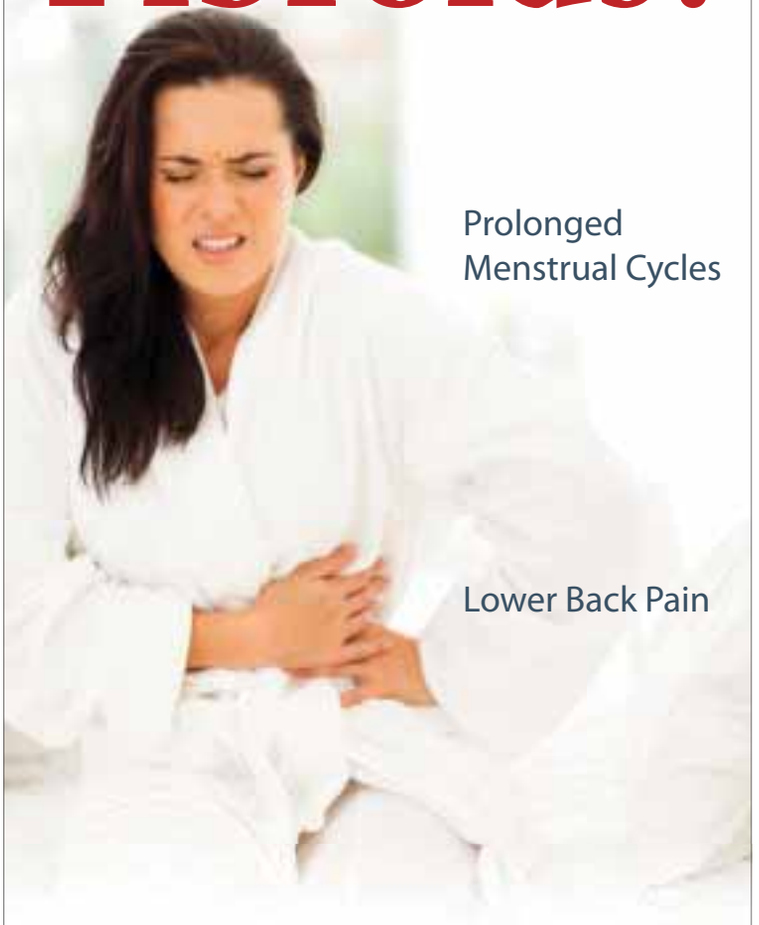

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Nohemi Gonzalez was a junior at California State University in Long Beach studying for a semester at the Strate College of Design in a suburb of Paris before being killed in the attacks. CALIFORNIA STATE UNIVERSITY, LONG BEACH HANDOUT

Attack victims' families are 'living a nightmare'

Paris is one of the most visited cities in the world and the dead came from Congo to California and from Mexico to Morocco.

Standing before a makeshift memorial to the dead, strewn with candles, flowers and scribbled notes, Caroline Pallut hid her tears behind dark glasses.

Her cousin, 37-year-old Maud Serrault, died on Friday night when Islamist gunmen attacked a Paris rock concert in a coordinated series of strikes across the city that killed 129 people and injured a further 352.

"We are living a nightmare," Pallut said. "It is all so senseless. She had only just got married." Her husband managed to flee the assault, but lost his wife in the confusion. The family's frantic searches eventually led to a city morgue.

Because the killers struck on a Friday night, targeting a packed concert hall, bars and a soccer stadium, many of the dead were young, their lives and loves openly posted on the Internet, which has now been used to mark their passing.

Friends of a young couple from eastern France, Marie Lausch and Mathias Dymarski, announced their deaths on YouTube. French music magazine, Les Inrocks, announced the death of one of their journalists, Guillaume Decherf, on its website, saying the 43-year-old was the father of two children.

All three died at the Bataclan concert hall, alongside 86 other victims killed when gunmen opened fire on a crowd watching the U.S. rock band Eagles of Death Metal.

The musicians all escaped, but their merchandise manager, a 36-year-old Briton named Nick Alexander, died.

Two Romanians — Ciprian Calciu and his girlfriend Lacramioara Pop — were shot dead at the Belle Equipe bar. "The two had the bad luck to be in the wrong place," Romanian government official Anton Rohian said in a statement.

One of the oldest victims was Patricia San Martin Nunez, 61, from Chile, who died alongside her daughter Elsa Delplace.

Many of those killed were young students drawn to Paris's renowned centers of higher education.

Valeria Solesin, 28, was a Ph.D. student from Italy studying demographics at the Sorbonne University. She died at the entrance to Bataclan, shot as she was trying to enter.

Other students included Elodie Breuil, 23, a French woman who was following a course in design at the Conde School, and U.S. citizen Nohemi Gonzalez, also 23, a student from California State University, Long Beach, who was on an exchange program.

REUTERS

BRIEFS

French warplanes strike Islamic State Syria bastion

French fighter jets launched their biggest raids in Syria to date targeting the Islamic State's stronghold in Raqqa just two days after the group claimed coordinated attacks in Paris that killed more than 130 people, the defense ministry said.

The operation, carried out in coordination with U.S. forces, struck a command center, recruitment center for jihadists, a munitions depot and a training camp for fighters, it said.

REUTERS

NFL fans faced tight security after terror attacks in Paris

Fans wait in extra long lines to enter Lambeau Field due to the increased security put in place in the wake of the attacks in Paris; prior to the NFL game between the Green Bay Packers and the Detroit Lions on Sunday in Green Bay, Wisconsin. GETTY IMAGES

From Seattle to New York, NFL fans were bracing for increased security inside and outside stadiums on Sunday as America's most popular sports league responded to a series of attacks across Paris that left at least 129 dead.

While the U.S. Department of Homeland Security informed the National Football League there were no known specific threats, Commissioner Roger Goodell was taking no chances and ordered beefed-up security at all venues.

"The safety of our fans, stadium personnel, and teams at all NFL games is our priority, and security at our games is robust," the league said in a statement.

The NFL and other North American professional sport leagues went on high alert after one of the attacks on Friday targeted a friendly soccer match between France and Germany where suicide bombers apparently attempted to enter the Stade de France, in a suburb just north of Paris.

The NFL, which already has mandatory metal detector screening at its games and employs "multiple layers of perimeter security external" at stadiums, told fans coming to NFL games on Sunday to expect lineups and delays.

Among the new precautions is a complete ban on entering stadiums with backpacks, satchels or purses. If any essentials are needed, the NFL said fans should carry them in small, clear plastic bags. Inspections by security guards could delay fans from getting to their seats after traditional pre-game "tailgating" barbecues in the parking lot.

"It is important that all fans comply with these requirements, and we appreciate their efforts to cooperate with these security measures," the NFL said.

REUTERS

BRIEF

Obama urges Russia to join renewed effort to eliminate Islamic State

President Barack Obama vowed to step up efforts to eliminate Islamic State, while urging Russia's Vladimir Putin to focus on combating the jihadist group in Syria.

A White House official said Obama and Putin agreed during a 35-minute meeting on the sidelines of a G20 summit in Turkey on the need for a political transition in Syria, saying events in Paris had made it all the more urgent.

Obama described Friday's killing of more than 120 people in Paris, claimed by the radical Sunni militant group, as an attack on the civilized world and said the United States would work with France to hunt down those responsible.

"We will redouble our efforts, working with other members of the coalition, to bring about a peaceful transition in Syria and to eliminate Daesh as a force that can create so much pain and suffering for people in Paris, in Ankara, and in other parts of the globe," Obama said, using the Arabic acronym for Islamic State.

U.S.-led efforts to combat Islamic State were complicated when Russia joined the conflict a month and a half ago, targeting what the West says are mainly areas where foreign-backed fighters are battling Assad, Moscow's ally, rather than Islamic State.

The United States, Turkey and their allies want Assad out.

Obama huddled with Putin during a working lunch and the two agreed on the need for a Syrian-led transition including U.N.-mediated talks, the White House official said.

Putin and Obama talked "extensively," Russian news agencies cited top Kremlin foreign policy adviser Yuri Ushakov as saying. REUTERS

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Reaction to Paris terror attacks

The Burj Al Arab Hotel is illuminated in the colors of the French flag on Sunday in Dubai, United Arab Emirates. GETTY IMAGES

People walk past the Royal Palace in Amsterdam illuminated with the colors of the French flag on Sunday, in tribute to the victims of the Paris attacks. GETTY IMAGES

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US delivers ammo to Syrian Arab fighters battling ISIS

The U.S. official said the United States was certain that the latest delivery reached the intended individuals.

The U.S. official said the new delivery of weapons would help the fighters push further south into Islamic State-held territory. GETTY IMAGES

The United States has carried out a fresh delivery of ammunition to fighters from the Syrian Arab Coalition battling Islamic State in northern Syria, pushing ahead with a strategy that initially unnerved ally Turkey, a U.S. official told Reuters on Sunday.

The delivery of ammunition represented only the second time the United States has moved to arm the Syrian Arab Coalition, a collection of about 10-12 groups numbering about 5,000 fighters. They are working with Kurds and others to claw back land from Islamic State.

In a shift in approach, the latest U.S. resupply operation was completed on Saturday by delivering the weaponry by land, the U.S. official said, speaking on condition of anonymity.

It was not immediately clear who transported the ammunition into Syria, but the official said American troops did not drive them into the country.

Further details on the operation were not immediately available.

The first U.S. delivery of ammunition to the group on Oct. 11 was carried out through an air drop. That triggered questions about how the United States could be certain the weaponry reached the right people, despite reassurances from the Pentagon.

NATO ally Turkey, which is wary of further advances by Syrian Kurdish YPG militia, registered its unease after the first air drop. It called in the U.S. ambassador to express concern that Washington's arms drops were aiding Syrian Kurdish militias.

Turkey, which has its own large Kurdish minority, objects to empowering those militias, although they have been the most effective U.S.-allied force against Islamic State in Syria.

The U.S. military declined comment on the operation. Captain Jeff Davis, a Pentagon spokesman, said only that the United States had signaled its intent to support Syrian Arabs battling Islamic State, and continued to do so. REUTERS

Suspect named by authorities

Police have formally named just one of the attackers: Ismael Omar Mostefai, 29, from Chartres, southwest of Paris. He was identified by the print from one of his fingers that was severed when his suicide vest exploded.

French media named the two other French assailants as Bilal Hadfi and Ibrahim Abdeslam.

Police said they had found a Syrian passport near one of the other dead gunmen. Greece said the passport holder had crossed from Turkey to the Greek islands last month and then registered for asylum in Serbia before heading north, following a route taken by hundreds of thousands of asylum seekers this year.

Mostefai HANDOUT

The news revived a furious row within the European Union on how to handle the flood of refugees. Top Polish and Slovak officials poured cold water on an EU plan to relocate asylum seekers across the bloc, saying the violence underlined their concerns about taking in Muslim refugees.

Bavarian allies of German Chancellor Angela Merkel called for a reversal of her "open-door" refugee policy, saying the attacks underlined the need for tougher controls. REUTERS

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Belgium seen central to Paris attack plans, France launches manhunt

Stunned by the carnage, thousands of people thronged to makeshift memorials at four of the sites where the attacks took place.

Police investigating a wave of attacks in Paris launched an international hunt on Sunday for a man they believe might have helped organize the deadly assaults with two of his brothers in Belgium.

The Islamic State has claimed responsibility for Friday's coordinated suicide bombings and shootings, which have re-ignited a row over Europe's refugee crisis and drawn calls for a halt to the ongoing influx of Muslim asylum-seekers.

France said the death toll had risen to 132 from a previous total of 129, with 349 people injured, of whom around 42 were still in intensive care.

Two of the attackers who brought carnage to Paris were French nationals living in neighboring Belgium, officials said on Sunday. One of them blew himself up in the assault, while the other was arrested on Saturday as he tried to cross the border.

Police said they were seeking a Belgian-born man, Abdeslam Salah, in connection with the attack, describing him as "dangerous." The judicial source said he was a brother of the other two men, who have not been named.

Belgian officials said they had arrested seven people in Brussels after two Belgian-registered cars were discovered in Paris, both suspected of being used by attackers.

"The abject attacks that hit us on Friday were prepared abroad and mobilized a team in Belgium that benefited from help in France."

French Interior Minister Bernard Cazeneuve, speaking to reporters after meeting his Belgian counterpart in Paris.

"I do not want any preachers of hatred on Belgian soil! There is no place for them in Belgium," Belgian Prime Minister Charles Michel said on Twitter.

A judicial source said Salah, a 26-year-old French national, had rented out one of the two cars, a Volkswagen Polo, that was found not far from the Bataclan hall.

In a sign that at least one gunman might have escaped, a source close to the investigation said a Seat car believed to have been used by the attackers had been found in the eastern Paris suburb of Montreuil with three Kalashnikov rifles inside.

Only one of the attackers has been named — Ismael Omar Mostefai, a 29-year-old who lived in the city of Chartres, southwest of Paris. He was identified by the print from one of his fingers that was severed when his suicide vest exploded.

REUTERS

Police officers patrol at the France-Belgium border. GETTY IMAGES

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City names five new #AutumnInNYC ambassadors via Instagram

New York City has its five new Instagram ambassadors after a weeks-long competition launched by City Hall last month.

Some 4,600 photos were posted to Instagram with the contest's hashtag #AutumnInNYC.

A panel of judges that included first lady Chirlane McCray, former Brooklyn Borough President Marty Markowitz and a handful of commissioners hand-picked the winners after deliberating over close to 1,000 submitted contest photos last week.

One shutterbug from each of the boroughs was selected, each capturing a moment that the judges felt best symbolized fall in the city.

Using the hashtag #AutumnInNYC, pics snapped by the photographers captured changing leaves, candlelit pumpkins and at least one cat basking in the weather.

The new Instagram ambassadors serve for a term lasting at least until spring, when the city is expected to launch its second foray into #SignsOfSpringNYC and another batch of seasonal paparazzi may get a shot.

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Dry & breezy thru midweek

Dry, warm weather is expected to again turn soggy across the boroughs by Wednesday.

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New Yorkers can expect fall weather to stay its course, although winds should die down after the weekend's bluster.

The National Weather Service predicts clear skies on both Monday and Tuesday, with temperatures reaching as high as 63 degrees at the start of the week as a cold front creeps in.

Tuesday is expected to cool down some with a high of 51 degrees. Both days will stay breezy with winds reaching between 5 to 9 mph as the cold front heads south.

The clouds make a comeback on Wednesday, with a chance of showers hitting the five boroughs by the evening.

New Yorkers bundle up as the temperatures take a dive. METRO

Rainy weather should persist through all of Thursday and early Friday, with temperatures hovering at a high of 59 to 62 degrees.

The streets should dry out and skies clear up again come Saturday, when meteorologists predict partly cloudy weather with a high close to 56 degrees.

BRIEFS

Cops seek suspect who pick-pocketed straphangers on 2 train

Police want to track down a suspect who they said took advantage of a sleepy straphanger and a second man before he made off with a wallet and cellphone.

Authorities released photos of the suspect, described as a black man standing 6-feet-2, weighing 160 pounds and with black hair.

He was last seen wearing a blue baseball hat, black sneakers, blue jeans and a waist-length blue jacket while fleeing from a Brooklyn subway station.

Investigators said the suspect eyed his first target while on the 2 train on Nov. 12 at around 3:30 a.m.

The 27-year-old victim was asleep when the suspect pilfered his wallet and made his way towards a second prospective target.

Cops said the second man noticed when the suspect snatched a Samsung cellphone from his pants pocket as the Manhattan-bound 2 train approached the Nostrand Avenue stop.

As soon as the train doors opened, the second victim chased the suspect out of the train car on the platform but was unable to catch up to him.

Man gets beat, stumbles into traffic after asking for cigarette in Queens

A man remained in critical condition on Sunday after police said a gang of six men last seen in Queens beat him on Saturday and forced him into oncoming traffic.

Investigators said the victim, who was only identified as a 23-year-old man, was walking in front of El Dorado Sports Lounge on Liberty Avenue in South Richmond Hill at around 4:15 a.m.

He came across a group of six men standing out front and approached them to ask if he could bum a cigarette from anyone in the group.

Authorities said the men ignored the man, who officers said persisted and kept asking for a loose cigarette.

That's when cops said the six men responded in force and began to assault him.

At some point after the attack, police said, the victim was dazed and stumbled into Liberty Avenue and in front of a black Toyota.

The Toyota struck him and left the scene, cops added, but eventually returned to the corner of Liberty and 109th Street.

Paramedics rushed the victim to Jamaica Hospital Center and arrested the Toyota's driver, 23-year-old Emir Zulifqar of Brooklyn, for running a red light and leaving the scene.

However, investigator still want to track down the six men who allegedly beat the man before the car struck him.

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic director at the OsteoRelief Institute in New York City. "*The same holds true for treating knee arthritis pain. I believe we are having so much success at OsteoRelief Institute because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

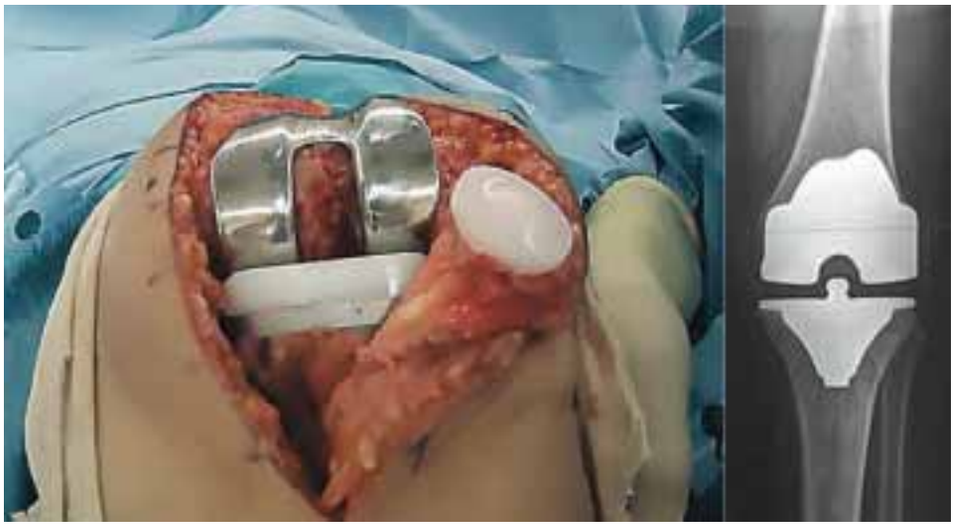
For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at OsteoRelief Institute use advanced imaging technology called a "C-Arm."

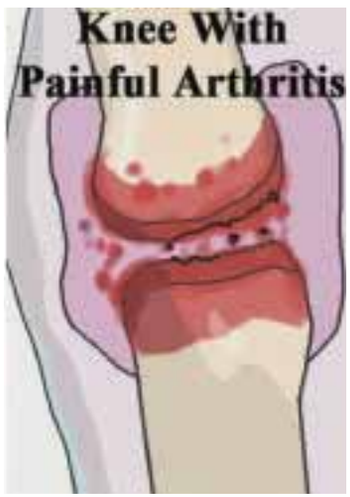
A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imagining and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to OsteoRelief Institute New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video flouroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without flouroscopy miss the joint up to 30% of the time." said the director of Arthritis Treatment at Osteorelief Institute.

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

And that's not all - OsteoRelief Institute has a complete knee relief program called "P.AC.E." to make sure you get the most pain relief and the best possible results from treatment.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added the director.

How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan treatments and the P.AC.E program.

Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. OsteoRelief Institute uses this C-arm for every Hyalgan treatment.

All you have to do is call 201-474-5595 right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The specialists at OsteoRelief Institute can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments and the P.AC.E program are covered by most insurance and medicare. To schedule your no obligation screening or if you have any questions call 800-227-KNEE (5633).

If You Can Answer Yes -You Are Eligible For A Knee Arthritis Screening With The Experts At OsteoRelief Institute

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give OsteoRelief Institute a call and schedule your no obligation knee pain screening 800-227-KNEE (5633).

the word

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Jennifer Lawrence talks breakups, marriage

Jennifer Lawrence needs to find something new to define her, following two rather life-altering endings. "[The 'Hunger Games'] movies had been my life for so long and they had to come first in everything. I was also in a relationship with [Nicholas Hoult] for five years, and that was my life. So my life was this person and these movies, and we broke up around the same time that I wrapped," she tells Diane Sawyer. "Being 24 was this whole year of, 'Who am I without these movies? Who am I without this man?'"

So who is she going to be? Not necessarily anybody's wife, as it turns out. "I don't know if I ever will get married, and I'm OK with that," she reveals. "I don't feel that I need anything to complete me. I don't really imagine getting married anymore." Fine, I'll just toss out all these save-the-date cards. Jerk.

The Taylor Swift lawsuit judge is the best judge

There are few things I love more than people who know how to have a little fun with their day jobs, and the judge who had to humor Jessie Braham's lawsuit against Taylor Swift over claims she stole "Shake It Off" from him is a great example of that. She dismissed the case in style, quoting several Swift hits in the process: "At present, the Court is not saying that Braham can never, ever, ever get his case back in court. But, for now, we have got problems, and the Court is not sure Braham can solve them. As currently drafted, the Complaint has a blank space — one that requires Braham to do more than write his name. And, upon consideration of the Court's explanation … Braham may discover that mere pleading Band-Aids will not fix the bullet holes in his case. At least for the moment, Defendants have shaken off this lawsuit." How was Braham supposed to get a fair trial if the judge clearly has such pro-Swift bias?

@kelly_clarkson
I would rather have an intelligent discussion than have an argument. Politics is a sensitive subject but we are smarter than being hateful.

@Miles_Teller
Tough to watch the great ones fall but damn Holly Holm what a performance. Holm vs Cyborg and then bring back Rowdy!

@Ruth_A_Buzzi
We should begin to strongly consider what kind of world we are going to leave to Betty White.

Spike Lee's Oscar speech is exactly what you'd expect

Spike Lee will gladly accept your honorary Oscar, Hollywood, but he's not necessarily going to be nice about it. Lee was honored by the Academy this weekend at the Governors Awards, and he took the opportunity to take Tinseltown to task for its pervasive race issues. "Everybody in here probably voted for Obama, but when I go to offices, I see no black folks except for the brother man at the security who checks my name off the list as I go into the studio," Lee said. "It's easier to be the president of the United States as a black person than be the head of a studio. I don't know if you noticed but the United States census bureau says by the year 2043, white Americans are going to be the minority in this country, and all you people out there in the position of hiring, you better get smart because you'll work for us. Reflect what this country looks like."

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Charting the 'Explosion'

John Leguizamo says you shouldn't fear a Latino majority.

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ned.ehrbar@metro.us

HBO's documentary "The Latin Explosion," which premieres tonight at 9 p.m., explores the growing Latin influence on mainstream America, and narrator John Leguizamo has had a unique vantage point on that change over the decades. He just wishes there were some better options for Latinos in the presidential race.

In pop culture in general, not just in music, Latin representation has had an interesting journey. What's your view on it?

We've always been the flavor for a certain amount of time and then faded out or disappeared and then came back into prominence and then disappeared again. But I guess ever since the '70s, it's been a strong influence. Latin people helped birth hip-hop. We had a hand in hip-hop; we had a hand in graffiti. And then playwrights like myself in the '90s and now filmmakers — you've got so many people. You've got Pitbull doing that amalgam of hip-hop and dance music. And in athletics, forget it — baseball is our thing. We're even breaking into basketball now with [Brook and Robin] Lopez and all the other cats.

Do you think any of that has to do with the shifting population numbers?

It's not just the change in numbers because we've always been a pretty big contingent here, but definitely we've had a chance to move up into the power positions where the decision-making is happening. That's the big change. We're finally being allowed to crack through those glass ceilings and take the reins. We have over a trillion dollars of buying power just in America, forget about Latin America. So that's been huge. And definitely you have a lot more voters. I mean, we have the first two Latin candidates, even though they're on the wrong side.

From stage to page

You just released your first graphic novel, "Ghetto Klown."

Yeah, my graphic novel just dropped, and it's based on my one-man show "Ghetto Klown." I found these artists in Brooklyn. There's a community of illustrators, and I brought them my play, and they fell in love with it. And I loved their drawing. It was a lovefest. It's a pretty powerful piece — very raw, very honest. My one-man shows are very adaptable to graphic novels because the dialogue is so succinct, each line is kind of like a haiku of experience.

Ted Cruz feels like the least Latin candidate you could imagine.

He's half Latin, but he's full self-hating.

I find people getting nervous about a Latin majority hilarious, honestly.

The rest of America, all the big cities have had a Latin presence forever, you know? L.A., Cleveland, New York, Florida. It's the places that did not have a huge Latin influx — they're the ones that are uncomfortable with a Latin presence. But Texas has always been Latin. We've actually been here before everybody else came here. Texas was Mexico, California was Mexico — New Mexico was Mexico! And all those places have our names. Colorado means "red" in Spanish because of the red clay. Arizona means "dry land." California means "temperate zone." Florida means "flowery state."

What part of the Latin explosion excites you the most?

I mean, you have Lin-Manuel [Miranda] doing the first hip-hop musical, that's a new birth right now. And you'll see millions of those shows coming up next. You have these incredible auteurs, the kinds you haven't seen since the '70s — Guillermo del Toro, Alfonso Cuaron, [Alejandro Gonzalez] Inarritu. You have Junot Diaz, a great, great novelist, a Pulitzer winner. You have so much creativity. We're finally given a chance to express ourselves.

Lou Diamond Phillips fights for his life

The actor plays the most guilt-ridden character in the docudrama "The 33."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Lou Diamond Phillips plays Luis Urzua, aka "Don Lucho," the anguished foreman of the 2010 Chilean mining accident in "The 33." WARNER BROS. PICTURES

Lou Diamond Phillips is dedicated. Like his fellow stars in "The 33" — the film about the 2010 Chilean mining accident, where 33 miners spent 69 days trapped miles below the surface — he spent most of his days shooting in an actual mine. That gave him plenty of opportunities to learn what it was really like for his character, Luis Urzua, aka "Don Lucho," the foreman who had warned his bosses about the deplorable conditions and unmet regulations, then was racked with guilt after the mine really did collapse.

Don Lucho is essentially the smartest guy in the room, though in this case it also means he's the one pointing out, initially, how little hope they have for escape.

It was a fine line for me to walk, because I could come off as simply the naysayer or the foil to Mario Sepulveda [played by Antonio Banderas] and his overflowing optimism and blind faith. But where Don Lucho was going from was pragmatism and realism. He knew the odds of rescue, and he knew what had happened, time and time again, when mines had collapsed.

You had access to the real-life miners. How much did you rely on meeting the real Don Lucho?

Meeting him was instrumental, but I didn't meet him until we had been filming for two or three weeks, so I had to go on instinct. I had to go on choices based upon what was in the script and what I found in rehearsals. I was incredibly relieved when I met the man, and thought I was on the right track. I had even decided before that to have a more grounded movement — that Don Lucho not only had the weight of his position, but had spent his entire life in mines. I thought he was a man who has had a ton of rock over his head for the majority of his life. That has to weigh down on you. That has to make you feel part of the earth. I tried to adopt that physical sense of myself. When I met the real Don Lucho, I was like, "There it is."

It can't be easy acting in a real mine. How does one get over acting inside a mine and being underground each day?

You don't. You don't get over it. People are used to thinking of movie stars walking away from the set and going into their massive, double pop-out trailer and going to their four-star hotel at night. This was not the case. We did not have trailers; we had storage units with a cot in it — which we didn't see all day, because once you went into the mine, that was it. You came out at lunch and then you went back in. That's 12 to 14 hours a day. And we were staying in a truck-stop motel. That was the best they had to offer — no offense. This was a total immersion into the lifestyle of who we were playing. There was no respite from the commitment to this role.

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Tamale pie with romaine hearts

Recipe

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Cooking time: 35 minutes
Attributes: Gluten-free
Calories: 515kcal/portion (3 portions - families)

Allergens: Milk

What we send
- 1 cup cornmeal (Indian Head stone ground, 4.5 oz)
- 1 small yellow onion (6.3 oz)
- 2 cloves garlic (0.4 oz)
- 1 poblano pepper (5 oz)
- 2 oz yellow cheddar cheese
- 12 oz ground beef
- 2 tsp cumin (0.16 oz)
- 14.5 oz can whole peeled tomatoes
- 2 Tbsp red wine vinegar (1 oz)
- 2 romaine hearts (6 oz each)

What you need
- coarse salt
- olive oil
- freshly ground black pepper

Equipment
- saucepan
- large skillet

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Directions:

1 Cook cornmeal
Bring 3 cups of water to a boil in saucepan. Slowly whisk in cornmeal and 2 teaspoons salt. Simmer until thickened, about 5 minutes. Cover and remove from heat. Preheat oven to 425°F.

2 Prep vegetables
Meanwhile, cut ends off onion. Halve, peel and finely chop. Peel and finely chop garlic. Cut poblano pepper in half, remove stem and seeds and chop. Grate cheddar.

3 Cook aromatics
Heat 1 tablespoon oil in a large skillet medium-high. Add onion, garlic and poblano. Cook, stirring, until softened and starting to brown, about 3 minutes.

4 Brown meat
Add ground beef, cumin and 2 teaspoons salt. Cook, stirring, until browned, about 5 minutes.

5 Add tomatoes
Stir in tomatoes and 1 tablespoon red wine vinegar. Cook, breaking up the tomatoes until most of the liquid has evaporated, about 3 minutes.

6 Bake and serve
Spread cornmeal on top of beef mixture and sprinkle with cheese. Bake until cheese is melted and browned, about 10 minutes. Meanwhile, halve romaine hearts. Mix remaining vinegar with 2 tablespoons oil; season with salt and pepper. Drizzle over lettuce. Enjoy!

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HOW TO GET AHEAD

The one thing every startup needs

Tech entrepreneur Gabriel Weinberg gives us the big secret behind his success.

RAQUEL LANERI
@RaquelLaneri
raquel.laneri@metro.us

Creating a successful startup requires a lot: a great idea and an innovative product, of course, but also an insane work ethic, a willingness to take risks and the ability to think on your feet. But all those assets won't get you very far if you don't have traction.

"Traction is evidence of customer demand, and if you don't have it your company dies," explains Gabriel Weinberg, an entrepreneur and co-author of "Traction: How Any Startup Can Achieve Explosive Customer Growth."

Weinberg has launched two technology companies: Opobox, which he sold for $10 million in 2006, and DuckDuckGo, a nontracking search engine that has increased traffic 600 percent since the NSA revelations broke. And he says most self-starters — himself included — don't think about traction early enough, if at all.

"Startups should be spending half their time getting traction," he says. "If you spend less than that it's really not top of mind and you won't come up with creative solutions — and you need creative marketing solutions for a startup to work."

So how do you grow your audience, get people to clamor for your product and launch a successful business? Weinberg reveals all here:

Don't wait until you have a perfect product to share it

When should a new company start thinking about traction? "Immediately," says Weinberg. "What generally happens is people have a good idea for a startup, and they kind of sit in their bunker, producing [the perfect] product." In reality, you aren't going to know what needs fixing until you get fresh eyes on the product. "And the only way to do that is to start trying to get traction right from the beginning."

Create a "traction" goal

In order to figure out a method to get people to notice your company, you need to determine some kind of "traction goal." For startups, says Weinberg, that goal can be how much traction you need to raise money from investors, how much traction you need to be profitable or make a certain amount of money or how much traction you need to prove to yourself and your team that this is something you want to spend time on. "And that should be a hard number you can identify," he adds. "Ten thousand customers, or 100 customers, depending on your business."

Test, test, test

So how exactly does one get to this number? Every business is different, so while search-engine optimization (making your website show up for key search results) might work for one startup, another company might do better focusing on viral marketing (getting your customers to refer others) or going to trade shows or speaking engagements.

"Most people have no idea how to reach their market. So you have to test different channels to find the bull's-eye — that one channel that's going to get you to grow," says Weinberg. "Figure out the three best, and run a monthlong test to see which get you the best results."

Once you determine that, the fun never stops. "First you're testing what channels to use, then you're testing within that channel what strategies to use," says Weinberg.

Plus, sometimes a strategy that helped you reach your goal initially stops delivering in the same way. "Then you have to go back to testing different channels. Basically, you never stop testing."

What to look for when testing

Weinberg says tests are designed to answer three things.

1. How scalable is this channel? Or, how many customers do you think it can achieve?

2. How much does it cost? Or, what must you spend to get one customer through the channel?

3. Is it attracting the right type of customers? "Different channels will yield different types of customers, and you want to see whether they're valuable customers," he explains.

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New York universities hope to breed entrepreneurs

A new entrepreneurship program could create 6,000 jobs across New York state. ISTOCK

Even Republican presidential candidate Marco Rubio can't argue that going to college for engineering or math is a sound investment. And, in the midst of crushing student loan debt, schools are looking for more and more ways to boost the hireability of graduates.

One way they're doing that is entrepreneurship programs. Five New York state schools have just announced partnerships with Blackstone LaunchPad to help students turn their ideas into businesses. The program hopes to create some 6,000 new jobs and 4,000 new business ventures across New York state over the next five years.

The Blackstone Charitable Foundation's three-year, $4.5 million grant will allow Cornell University, New York University, Syracuse University, University at Albany (SUNY) and University at Buffalo (SUNY) to give students — regardless of major — the chance to delve into the world of startups, providing them a network of venture coaches and an entrepreneurial support system.

New York is the eighth region to join the LaunchPad program, following the likes of Michigan, California and Ireland. "From its earliest days, New York has been a cauldron of innovation," said Sen. Chuck Schumer at the announcement. "The LaunchPad program will help tap into that entrepreneurial spirit; it will be a tremendous resource for our students, the participating universities and for our economy." RL

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Students across US are mounting protests against student loan debt

One more thing

The total volume of outstanding U.S. student loan debt has more than doubled to $1.2 trillion, according to the U.S. Consumer Financial Protection Bureau, compared to less than $600 billion in 2006.

No more student loan debt! ISTOCK

They're also demanding free public college.

Students held demonstrations on university campuses across the U.S. last week to protest ballooning student loan debt and rally for tuition-free public colleges.

The demonstrations, dubbed the Million Student March, were planned just two days after thousands of fast-food workers took to the streets in a nationwide day of action pushing for a $15-an-hour minimum wage and union rights.

About 50 students from Boston-area colleges gathered at Northeastern University carrying signs that read "Is this a school or a corporation?" and "Degrees not receipts."

"The student debt crisis is awful. Change starts when people demand it in the street, not in the White House," says Elan Axelbank, 20, a third-year student at Northeastern.

Photos and videos posted on Twitter, where #MillionStudentMarch was trending worldwide, showed marches involving dozens to hundreds of demonstrators at schools including Texas State, the University of Massachusetts at Amherst and DePaul University in Chicago.

A few hundred students rallied on the campus of the historically progressive University of California, Berkeley, and posted placards on the outside of a class building showing their individual student debt loads, ranging from just several thousand dollars to more than $100,000.

Organizers are demanding tuition-free public colleges, cancellation of all student debt and a $15-an-hour minimum wage for campus workers.

Many college graduates struggle to make payments amid an ailing economy and job market.

Dealing with swiftly mounting student loan debt has been a focus of candidates vying for the White House in 2016.

Democratic hopeful Bernie Sanders, who has vowed to make tuition free at public universities and colleges, and has pledged to cut interest rates for student loans, tweeted in support of the movement on Thursday afternoon.

His rival Hillary Clinton has said she would increase access to tuition grants, let graduates refinance loans at lower interest rates and streamline income-based repayment plans.

Florida Sen. Marco Rubio, the most prominent Republican candidate to lay out a concrete proposal, says he would establish an income-based repayment system for federal student loans and would simplify applications for federal aid.

Student demonstrators also widened their message to echo protests at the University of Missouri, three days after the school's former president resigned amid student anger over failure to address racial discrimination on campus. REUTERS

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3 Major social media players reveal their very first jobs

Everyone has to start somewhere.

What does it mean to be a success? In the days of railroad barons and oil tycoons, it might have meant amassing as much cash as possible. These days, the idea of true success has shifted toward the "social entrepreneur" — those who can create thriving enterprises while bringing about positive social change. Here's how a few of the world's top social entrepreneurs got their start.

REUTERS

ALL PHOTOS GETTY IMAGES

Scott Harrison

Founder, charity: Water, which brings safe drinking water to the developing world
First job: McDonald's

"I was around 15 in New Jersey, and I applied for the job cold. I ended up taking orders and working the takeout window for minimum wage. They did sweeten the pot with free food, though. Once, I volunteered to dress up as the Hamburglar because you got paid time-and-a-half. It was a pretty ridiculous costume with a hat so big that it was difficult to get through doors. I was so terrified of getting recognized by my friends."

Jessica Jackley

Co-founder: Kiva, a microfinance site, and author of "Clay Water Brick"
First job: Art teacher

"I always had a passion for art. Where I grew up, in a suburb north of Pittsburgh, there was a little family-run art studio. So after 10th grade, I started teaching to kids as young as 3. What I took away from that job was the ability to teach: to be able to meet somebody where they are and walk them through something new. I am also pretty good at getting people inspired. I like to face a problem together and help them figure out where they want to go."

Blake Mycoskie

Founder: TOMS, a retailer that provides shoes and other services to those in need, and author of "Start Something That Matters"
First job: Doing laundry

"I was going to university and injured my Achilles tendon. I couldn't carry my laundry, so I looked in the Yellow Pages for a company that could do it for me. Nothing like that existed, so my roommate and I started a service. We bought an old FedEx truck for $1,500. We were pretty successful, eventually expanding to six universities, and we sold it after a few years. But I did more laundry than you can ever imagine."

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Patriots kicker Stephen Gostkowski wins the game for New England Sunday at MetLife Stadium with a 54-yard field goal in the closing seconds. GETTY IMAGES

Giants nearly topple Pats

The G-Men nearly upset the undefeated Patriots, but ultimately fell, 27-26.

MATT BURKE
@burke_metro
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The Giants (5-5) swiped a pair of Super Bowl wins away from the Patriots (9-0) by making more big plays in unbelievably tight fourth quarters. The shoe was on the other foot Sunday at MetLife Stadium as New England somehow kept its perfect season alive, downing New York 27-26.

Stephen Gostkowski's 54-yard field goal gave the Pats the victory as Tom Brady completed three passes to Danny Amendola and one each to Rob Gronkowski and Aaron Dobson on a thrilling drive in the final two minutes. It looked as though Giants safety Landon Collins had picked off Brady to end the game at the start of the drive, but Collins let the ball hit the ground while falling down on the play and it was ruled an incomplete pass.

The Giants had to settle for a field goal on their final offensive drive as Patriots corner Malcolm Butler came up with a huge play in the end zone, stripping Odell Beckham Jr. after what initially was ruled a touchdown grab. New York could not get into the end zone on its next two plays and only came away with the three points.

Earlier in the fourth, New England back LeGarrette Blount looked as though he put the Pats up by eight points with five minutes remaining. A holding penalty, though, on David Andrews wiped out the score. Trumaine McBride would then burn the Pats as he picked off Brady at the goal line. McBride undercut Brandon LaFell's route and the Giants had grabbed firm hold of the momentum.

Eli Manning finished the day having gone 24 of 44 for 361 yards and a pair of touchdowns. Beckham Jr. had 104 yards receiving.

For more Giants coverage, visit **metro.us**

Dwayne Harris celebrates a second-quarter touchdown grab Sunday at MetLife Stadium. GETTY IMAGES

NFL

Scores from NFL Week 10

Make it three straight losses for the once undefeated Packers and this one was, by far, the most troubling. Aaron Rodgers (35 of 61, 333 yards, 2 TDs) was forced to throw a career high amount of attempts for the second straight week in an 18-16 loss to Detroit. The Lions were ultimately able to take advantage of an Ameer Abdullah 104-yard kickoff return to begin the second half that, amazingly, didn't end in a touchdown. Three plays later, however, Matthew Stafford (24 of 38, 242 yards, 2 TDs, INT) threw his first of two touchdowns.

Dolphins 20, Eagles 19
Philadelphia out-gained Miami 436-289 but lost the turnover battle and fell victim to special teams miscues (a missed field goal and blocked punt) to find a way to lose. Sam Bradford (19 of 25, 236 yards, TD) and Ryan Mathews both left the game with concussions.

Buccaneers 10, Cowboys 6
Dallas lost its seventh game in a row after opening the season 2-0. Darren McFadden was held to just 58 total yards after gaining 397 over the last three games while becoming the Cowboys' starting tailback. Tampa Bay won despite two interceptions from Jameis Winston (22 of 39, 264 yards).

Redskins 47, Saints 14
Kirk Cousins (20 of 25, 324 yards, 4 TDs) became the third quarterback to torch the Saints in as many weeks and his big day culminated with a 78-yard touchdown pass to Matt Jones, his longest throw of the season. Washington also got its run game on track as Alfred Morris had 105 yards.

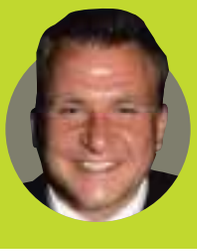
Jaguars 22, Ravens 20
Allen Hurns and Allen Robinson both caught touchdowns from Blake Bortles (22 of 45, 188 yards, 2 TDs, INT). For Baltimore, Joe Flacco (34 of 45, 316 yards, 3 TDs, 2 INT) had his fifth 300-yard game of the season, but the Ravens turned the ball over four times. LUKE MILLER

THE DIFFERENCE BETWEEN PORZINGIS AND LINSANITY ERA

MARC MALUSIS

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio. @marcmalusis



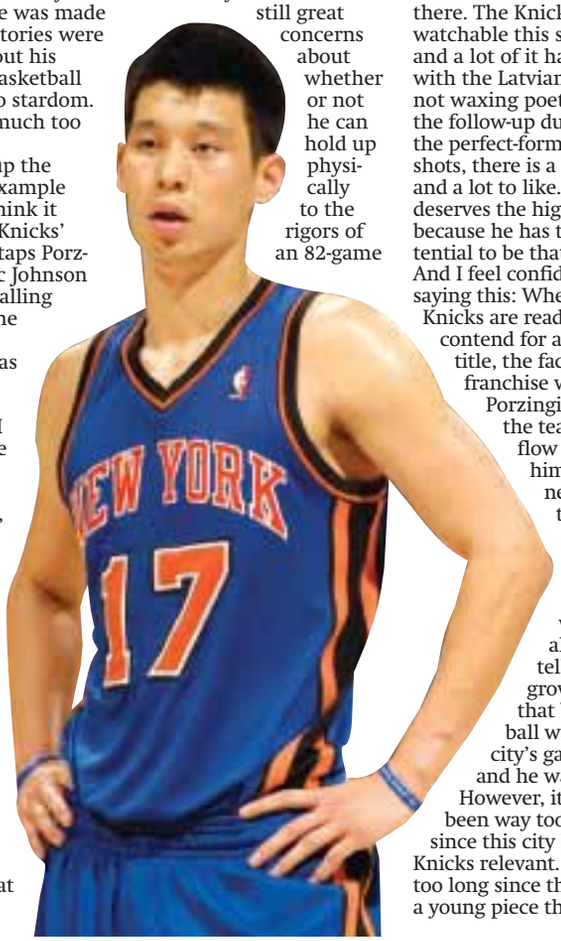
What is the definition of hype? I hopped online and looked it up. "Hype" is defined as "extravagant or intensive publicity or promotion."

We are often guilty of overhype in New York City. Remember when Jeremy Lin took over this city and "Linsanity" was born? It was the 2011-12 season and Lin played 35 games and started 25 and averaged 14 points and over six assists. There was that unforgettable moment at MSG when he outdueled Kobe Bryant and the Lakers. It was a strange time in this city, as the Knicks were starving for relevancy. Lin provided it for awhile. But in the end, he was the product of a hype machine.

He was good, but he was not that good. He came around at the right time and played well, but certainly was not what he was made out to be. Stories were written about his rise from basketball obscurity to stardom. It was too much too soon.

I bring up the Linsanity example because I think it plays with Knicks' rookie Kristaps Porzingis. Magic Johnson is already calling Porzingis the steal of the draft. He was the fourth overall selection, so I am not sure you could exactly call him a steal, but I get where Magic is coming from. He likes what he sees and Porzingis has the look of a franchise player so far. Porzingis has gotten off to a great start and has displayed his freakish combination of size and basketball instincts.

But, he has not played even a full month of NBA basketball yet. There are still great concerns about whether or not he can hold up physically to the rigors of an 82-game regular season. So, maybe we should slow our roll on Porzingis.



The Knicks fan has taken to the 20-year-old Latvian. He stands 7-foot-3 and has a great presence about him. He knows he has the skill and ability and does not care what anyone thinks. He is not arrogant about it, just confident. This market does not seem too big for him and he seems to understand the challenges ahead of him. Porzingis also seems to have a passion for the game and a drive to be great. Sometimes that is the biggest challenge of all when looking at young players. Do they have the drive to be great?

Porzingis not only has the game, but also has that drive. This is different than Lin because the jaw-dropping talent and ability is there. The Knicks are watchable this season and a lot of it has to do with the Latvian. This is not waxing poetic. From the follow-up dunks to the perfect-form jump shots, there is a lot there and a lot to like. He deserves the high praise because he has the potential to be that good. And I feel confident in saying this: When the Knicks are ready to contend for an NBA title, the face of the franchise will be Porzingis and the team will flow through him. You never felt that way about Lin.

My dad would always tell me growing up that basketball was the city's game, and he was right. However, it has been way too long since this city had the Knicks relevant. Way too long since they had a young piece that other NBA teams feared. Phil Jackson downplayed what Porzingis was going to be in his first season. That certainly took pressure off of him. But we know he is the real deal and you can legitimately get excited about where this Knicks team is going. Jackson was told by basketball adviser Clarence Gaines Jr. that drafting Porzingis was a "once-in-a-lifetime opportunity." No truer words could have been said. Gaines realized it then and we are all realizing it now. Linsanity was fun. The Zinger is real.

Kristaps Porzingis scored 10 points Sunday in the Knicks' 95-87 victory over the Pelicans. GETTY IMAGES

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Email: **eliperez@chpnet.org**

Principal Investigator:
Elizabeth McDonald, MS, RDN, CSSD
The Center for Health & Healing
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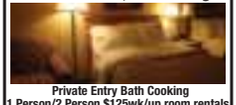

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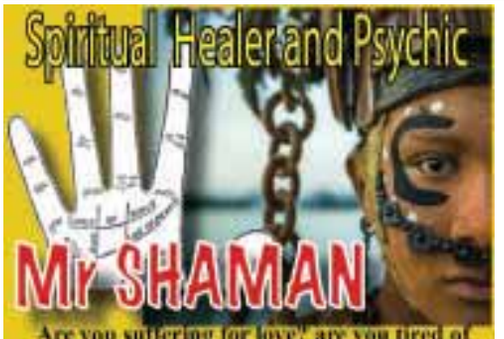

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Aries Don't let anyone guilt you into doing all the work. You may be fast, but you need time to perfect and hone your skills in order to do the best job.

Taurus Your mind will be racing with thoughts and ideas. Don't be afraid to try a diverse range of new or unfamiliar tactics.

Gemini You'll attract attention based on your body language, but when it comes to making verbal promises, don't offer something you cannot deliver.

Cancer You'll have some interesting dreams that you can make a reality if you present and promote what you want to do. Don't hold back.

Leo Temptation is best ignored. You would be wise to take on a physical challenge that will use up your energy and keep you out of trouble.

Virgo If you share your concerns, you will be given the chance to make a beneficial change. Honesty and practicality are your strengths.

Libra Don't let anyone confuse you. If you want something, figure out the best way to get it. Discipline and hard work will be your ticket to success.

Scorpio Help a cause you believe in if you want to meet people with similar life goals. Your efforts will put you in the running for a specific position.

Sagittarius Be the one to take advantage of an opportunity, not the one others use to get ahead. Stick to a budget and don't pick up bad habits.

Capricorn Don't get angry with someone who doesn't do things your way. If you do the work, proof that you know your stuff will be forthcoming.

Aquarius Pick up the pace and veer off in your own direction. Don't follow the crowd, especially if you have your own ideas and goals in mind.

Pisces By helping others, you will end up being helped in return. A choice you make will alter your financial future.

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Across

1 Junk email
5 Kind of agent
8 They hold the mayo
12 Where Lhasa is
14 Yoko's son
15 Footnote abbr. (2 wds.)
16 Close by, in verse
17 Juno, in Athens
18 Put cargo aboard
19 More than enough
21 White-faced
23 — Lanka
24 Quick turn
25 — Lobos, of "La Bamba"
26 Beethoven opus
30 Olympics locale
32 Ph.D. exams
33 "Cogito ergo sum" man
37 Late-night Jay
38 — sense
39 Pakistan language
40 Thingamajig
42 Vied with 007
43 Hibachi residue
44 Conductors' needs
45 PC button
48 Dawn goddess
49 Tempe inst.
50 Boom box sound
52 Well-mannered
57 Triangle part
58 Pharaoh's river
60 — nous
61 Joie de vivre
62 Green-egg layers
63 Ravi's forte
64 Geek
65 45 or 78
66 Painted tinware

Down

1 Wild guess
2 Needle dropper
3 Cain's brother
4 More than a snack
5 Intuit
6 Cakelike cookie
7 If you have to (3 wds.)
8 Firm up
9 — — costs
10 Music source
11 They run on runners
13 Rendezvous
14 Feng --
20 Monk's title
22 Water, in Baja
24 Tangy
26 Marketed
27 Hydrox rival
28 Billionth, in combos
29 Luau welcome
30 Provokes
31 Emulate Etna
33 Levees
34 Duet plus one
35 Churchill successor
36 Foam
38 Tall beer glass
41 Um-hmm (2 wds.)
42 Pesto and marinara
44 Youth org.
45 German steel town
46 Fence crossover
47 Hot-tub wood
49 "Iliad" deity
51 Tear
52 Unhappy
53 Monogram unit
54 Conductor -- Klemperer
55 Europe-Asia range
56 Withered
59 Mischief-maker

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easy

		4	6		1			
				2	7			
5	6	2			9			7
9	3						1	6
	7			3			4	
4	2						3	5
2			4			6	7	3
			9	7				
			5		2	8		

hard

					9			
2		6	3	5		8		
3			4	7	2			1
1			2					8
		2				9		
7					6			3
9			8	2	5			6
		5		4	3	7		2
			9					

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Last Word Standing

Use the clues to cross out the words in the boxes. One word will be left over. This last word standing is the mystery answer.

CLUES:
All cat breeds
All composers
All words that can follow 'book'
All words of four syllables
All colors on the Swedish flag
All translations of 'thank you'
All athletics events
All synonyms of 'close'

Mark		Yellow
Alligator	Gracias	Club
Merci	Persian	Mozart
Ragdoll	Blue	Maker
Shut	Near	Watermelon
Javelin	Handel	End
Brahms	Discus	Hurdles
Tissue	Danke	Community
Information		Burmese

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Last Word Standing 052
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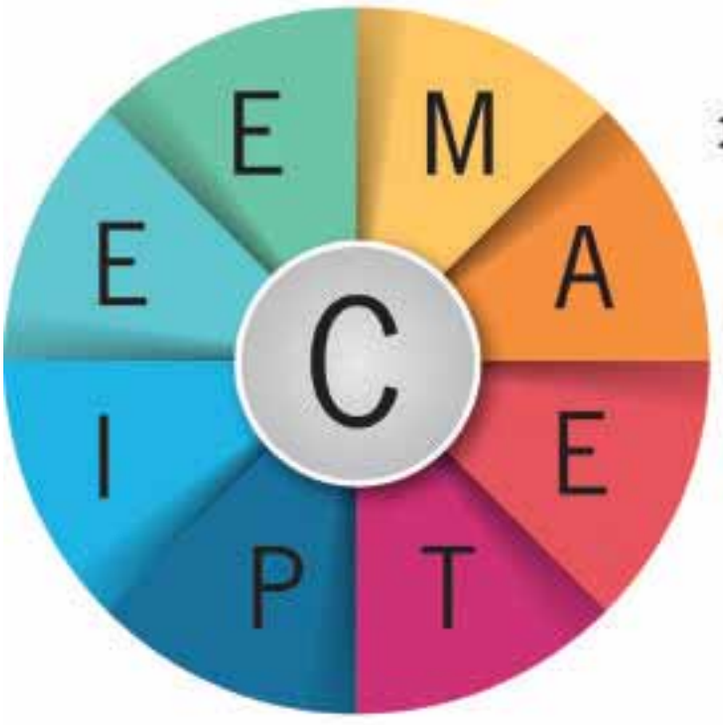
Wheel Words



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Create as many words of four letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the nine-letter word using up all letters.

10 Good • 12 Very Good • 15+ Excellent

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SELECT KITCHEN ELECTRICS
Doorbuster 23.99-191.99. Reg. 39.99-349.99, after 2pm: 29.99-239.99. Slow cookers, rice cookers and fryers. For example: Crockpot, #SCCPVC600-P-A ★ 1474334.

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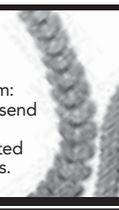

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